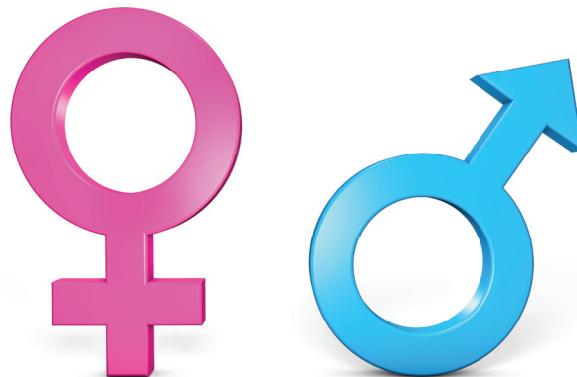


# STIs

## Sexually Transmitted Infections [STIs]

### What are STIs?

- STIs are infections that you can get when you have sex.
- STIs can affect any person who has sex. This includes both women and men, men who have sex with men, and women who have sex with women.
- There are over 20 types of STIs. Each spreads in its own way and can cause severe health problems.
- You can get an STI by close sexual contact, such as vaginal, anal and oral sex. Most STI germs live in warm, moist areas. The mouth, rectum and sex organs are perfect places for germs.
- Most people who have an STI don't know they have it, and can infect others.



### Preventing STIs

- The best way to avoid an STI is to not have vaginal, oral or anal sex. This is called abstinence.
- You can get vaccines to help prevent HPV and hepatitis B infections. See your doctor or clinic.
- Mutual monogamy lowers your risk. Agree to be sexually active with only one person. But first, you and your partner should be tested for STIs. Have an honest talk with your partner.

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- Reduce the number of partners. Don't forget to get tested and share the results with each other.
- Use a condom every time you have anal, vaginal or oral sex. Use latex or plastic condoms, check the expiration date, and read the package.

## Think you might have an STI?

- STIs are very common, among all types of people.
- Don't be embarrassed! It doesn't matter how you got it. Get checked by your doctor or clinic.
- If you are 12 or older you can get STI care without consent from your parent or guardian.
- Most STIs can be treated with medicines. Make sure you take the medicine in the correct way. Use only the medicines prescribed for you.
- Your partner may also be infected. Talk to them or have someone inform them so he or she can get treated too.

## When you have an STI you may have one or more of these symptoms:

- Discharge from the vagina or penis
- Burning/pain when you pee
- Painful or tender groin area
- Sores in the genital area
- Some STIs don't have symptoms.

## Common STIs:

Chlamydia	Genital Warts
Gonorrhea	Hepatitis B
Herpes	HIV/AIDS
Syphilis	HPV

## You don't have to do this alone!

To find out more about STIs call Alliance Health Programs at **510-747-4577**.

Toll-Free: 1-877-932-2738;  
CRS/TTY: 711 or 1-800-735-2929;  
8 a.m. to 5 p.m., Monday-Friday.

[www.alamedaalliance.org](http://www.alamedaalliance.org)

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